

Regiokampioenschappen A Regio Midwest LB deel 1 en 2
Amersfoort, 26- - 27-5-2018

Programmanr. 11
27-5-2018 - 14:15

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

K Heren junioren 1 Jun 1 50m: 5:59.83 - 25m: 5:47.04 / J Heren junioren 2 Jun 2 50m: 5:31.36 - 25m: 5:19.59 /
I Heren junioren 3 Jun 3 50m: 5:09.54 - 25m: 4:58.54 / H Heren junioren 4 Jun 4 50m: 4:45.99 - 25m: 4:35.83 / G Heren jeugd 1-2 Jgd 1-
2 50m: 4:36.80 - 25m: 4:26.97 / G Heren senioren Sen. 50m: 4:31.50 - 25m: 4:21.85

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Yardan Taya	Zwemlust-den Hommel	5:07.36	200501343	5:01.02 +0,72 391
	50m: 33.31	33.31 150m: 1:48.77	38.28	250m: 3:05.86	38.15 350m: 4:23.51
	100m: 1:10.49	37.18 200m: 2:27.71	38.94	300m: 3:39.60	33.74 400m: 5:01.02
2.	Koen Marsman	ZPC AMERSFOORT	5:14.74	200502763	5:10.48 +0,64 356
	50m: 34.86	34.86 150m: 1:53.86	39.58	250m: 3:13.78	39.85 350m: 4:33.09
	100m: 1:14.28	39.42 200m: 2:33.93	40.07	300m: 3:53.54	39.76 400m: 5:10.48
3.	Duncan van de Weerdhof	VZC	5:18.31	200501227	5:15.97 +0,72 338
	50m: 34.94	34.94 150m: 1:55.21	40.11	250m: 3:15.80	40.24 350m: 4:36.79
	100m: 1:15.10	40.16 200m: 2:35.56	40.35	300m: 3:56.45	40.65 400m: 5:15.97
4.	Liam Boon	MSV-Zeemacht	5:22.55	200503137	5:18.95 +0,72 328
	50m: 34.98	34.98 150m: 1:55.70	40.42	250m: 3:18.49	41.77 350m: 4:41.61
	100m: 1:15.28	40.30 200m: 2:36.72	41.02	300m: 4:00.49	42.00 400m: 5:18.95
5.	Hidde Sander Dragstra	ZPC AMERSFOORT	5:36.86	200500161	5:27.00 +0,63 305
	50m: 36.36	36.36 150m: 2:00.99	44.02	250m: 3:26.07	44.08 350m: 4:48.25
	100m: 1:16.97	40.61 200m: 2:41.99	41.00	300m: 4:07.28	41.21 400m: 5:27.00
6.	Leon van Gelder	WZ&PC Purmerend	5:29.23	200500621	5:29.53 +0,90 298
	50m: 35.88	35.88 150m: 1:59.23	42.58	250m: 3:23.47	42.73 350m: 4:49.16
	100m: 1:16.65	40.77 200m: 2:40.74	41.51	300m: 4:07.66	44.19 400m: 5:29.53
7.	Brian de Groot	ZV De Aalscholver	5:56.12	200501653	5:30.18 +0,81 296
	50m: 35.29	35.29 150m: 1:54.74	40.34	250m: 3:21.53	46.09 350m: 4:49.17
	100m: 1:14.40	39.11 200m: 2:35.44	40.70	300m: 4:06.23	44.70 400m: 5:30.18
8.	Thijmen Peeters	Zwemlust-den Hommel	5:40.11	200502945	5:34.06 +0,68 286
	50m: 36.07	36.07 150m: 2:00.70	42.59	250m: 3:26.35	42.59 350m: 4:52.90
	100m: 1:18.11	42.04 200m: 2:43.76	43.06	300m: 4:10.09	43.74 400m: 5:34.06
9.	Thijmen Wender	DWT	5:50.41	200502339	5:34.44 +0,81 285
	50m: 35.68	35.68 150m: 1:57.66	41.70	250m: 3:24.88	43.97 350m: 4:53.13
	100m: 1:15.96	40.28 200m: 2:40.91	43.25	300m: 4:09.40	44.52 400m: 5:34.44
10.	Quinten van der Horst	ZV De Zaan	5:41.17	200501223	5:43.40 +0,85 263
	50m: 36.57	36.57 150m: 2:03.69	44.40	250m: 3:33.87	45.40 350m: 5:04.21
	100m: 1:19.29	42.72 200m: 2:48.47	44.78	300m: 4:19.63	45.76 400m: 5:43.40
11.	Tim Seising	VZC	5:43.91	200500107	5:44.98 +0,71 260
	50m: 37.94	37.94 150m: 2:05.17	43.98	250m: 3:34.59	44.85 350m: 5:03.55
	100m: 1:21.19	43.25 200m: 2:49.74	44.57	300m: 4:19.45	44.86 400m: 5:44.98
Junioren 2					
1.	Merlin Belmon	De Dolfijn	4:21.81	200403191	4:23.83 +0,70 580
	50m: 29.90	29.90 150m: 1:36.98	33.94	250m: 2:43.86	32.84 350m: 3:51.59
	100m: 1:03.04	33.14 200m: 2:11.02	34.04	300m: 3:18.11	34.25 400m: 4:23.83
2.	Simon Claasen	ZPC AMERSFOORT	4:21.24	200400231	4:28.83 +0,71 549
	50m: 30.61	30.61 150m: 1:39.64	34.93	250m: 2:49.01	34.56 350m: 3:57.96
	100m: 1:04.71	34.10 200m: 2:14.45	34.81	300m: 3:24.08	35.07 400m: 4:28.83
3.	Anders van Norden	ZPC AMERSFOORT	4:35.69	200400039	4:34.99 +0,75 513
	50m: 31.86	31.86 150m: 1:40.53	34.54	250m: 2:50.93	35.26 350m: 4:01.45
	100m: 1:05.99	34.13 200m: 2:15.67	35.14	300m: 3:26.52	35.59 400m: 4:34.99
4.	Collin Schouten	MSV-Zeemacht	4:43.93	200400697	4:45.03 +0,71 460
	50m: 32.26	32.26 150m: 1:44.56	36.51	250m: 2:57.87	36.65 350m: 4:09.89
	100m: 1:08.05	35.79 200m: 2:21.22	36.66	300m: 3:34.04	36.17 400m: 4:45.03
5.	Ruben Claasen	ZPC AMERSFOORT	4:41.83	200400229	4:51.61 +0,65 430
	50m: 31.79	31.79 150m: 1:45.20	37.22	250m: 2:59.99	37.53 350m: 4:14.75
	100m: 1:07.98	36.19 200m: 2:22.46	37.26	300m: 3:37.51	37.52 400m: 4:51.61
6.	Tycho de Jonge	KZC	4:43.86	200400411	4:53.73 +0,79 421
	50m: 32.52	32.52 150m: 1:45.49	37.20	250m: 3:01.25	38.14 350m: 4:17.21
	100m: 1:08.29	35.77 200m: 2:23.11	37.62	300m: 3:38.99	37.74 400m: 4:53.73
7.	Amun Majidzada	Zwemlust-den Hommel	5:02.72	200401391	4:57.55 +0,67 405
	50m: 31.32	31.32 150m: 1:45.76	38.00	250m: 3:03.27	39.35 350m: 4:21.58
	100m: 1:07.76	36.44 200m: 2:23.92	38.16	300m: 3:42.75	39.48 400m: 4:57.55
8.	Juiliano Soliani	DAW	5:07.43	200400353	5:00.24 +0,80 394
	50m: 32.98	32.98 150m: 1:47.99	37.94	250m: 3:04.83	38.25 350m: 4:22.69
	100m: 1:10.05	37.07 200m: 2:26.58	38.59	300m: 3:43.44	38.61 400m: 5:00.24

Regiokampioenschappen A Regio Midwest LB deel 1 en 2
Amersfoort, 26- - 27-5-2018

Programmanr. 11, Jongens, 400m vrije slag, Junioren 2

rang	naam	vereniging	intijd	tijd	RT
9.	Joren Oldenhof	De Dolfijn	4:49.17	200400045	5:01.83 +0,71 388
	50m: 33.02	33.02 150m: 1:50.16	39.05 250m: 3:08.78	39.70	350m: 4:26.07
	100m: 1:11.11	38.09 200m: 2:29.08	38.92 300m: 3:48.10	39.32	400m: 5:01.83
10.	Rick Dijkhuizen	Zwemclub Zeist	5:16.64	200400197	5:18.27 +0,63 331
	50m: 34.36	34.36 150m: 1:52.97	39.51 250m: 3:14.69	40.86	350m: 4:38.65
	100m: 1:13.46	39.10 200m: 2:33.83	40.86 300m: 3:56.28	41.59	400m: 5:18.27
11.	Danny van Grondelle	Zwemlust-den Hommel	5:27.70	200400901	5:29.89 +0,58 297
	50m: 36.11	36.11 150m: 1:58.14	41.96 250m: 3:24.20	43.46	350m: 4:50.31
	100m: 1:16.18	40.07 200m: 2:40.74	42.60 300m: 4:07.07	42.87	400m: 5:29.89

Junioren 3

1.	Bram Schaafsma	VZC	4:26.00	200302159	4:33.01 +0,71 524
	50m: 29.56	29.56 150m: 1:38.73	35.48 250m: 2:49.94	35.43	350m: 4:00.24
	100m: 1:03.25	33.69 200m: 2:14.51	35.78 300m: 3:25.28	35.34	400m: 4:33.01
2.	Thijs Bosma	De Dolfijn	4:29.52	200302443	4:35.72 +0,64 508
	50m: 30.78	30.78 150m: 1:39.52	35.12 250m: 2:50.54	35.22	350m: 4:01.62
	100m: 1:04.40	33.62 200m: 2:15.32	35.80 300m: 3:26.19	35.65	400m: 4:35.72
3.	Nigel Werring	Zwemlust-den Hommel	4:40.98	200301503	4:39.19 +0,76 490
	50m: 31.93	31.93 150m: 1:41.94	35.58 250m: 2:54.20	35.71	350m: 4:05.66
	100m: 1:06.36	34.43 200m: 2:18.49	36.55 300m: 3:30.33	36.13	400m: 4:39.19
4.	Bram Daalman	ZV Haerlem	4:39.84	200300629	4:40.16 +0,85 743
	50m: 31.48	31.48 150m: 1:42.29	37.14 250m: 2:52.77	35.47	350m: 4:06.58
	100m: 1:05.15	33.67 200m: 2:17.30	35.01 300m: 3:30.05	37.28	400m: 4:40.16
5.	Joey de Groot	ZV De Aalscholver	4:52.57	200303587	4:51.96 +0,72 428
	50m: 31.19	31.19 150m: 1:44.48	37.28 250m: 2:59.43	37.46	350m: 4:15.77
	100m: 1:07.20	36.01 200m: 2:21.97	37.49 300m: 3:37.76	38.33	400m: 4:51.96
6.	Justin Jansen	ZV De Aalscholver	5:08.19	200302079	4:55.38 +0,81 414
	50m: 32.07	32.07 150m: 1:45.30	37.11 250m: 3:01.32	38.57	350m: 4:18.70
	100m: 1:08.19	36.12 200m: 2:22.75	37.45 300m: 3:39.76	38.44	400m: 4:55.38
7.	Tim Tielkemeijer	Zwemvereniging Hoogland	4:51.19	200301393	4:57.47 +0,64 405
	50m: 31.71	31.71 150m: 1:47.87	39.20 250m: 3:05.75	38.95	350m: 4:22.68
	100m: 1:08.67	36.96 200m: 2:26.80	38.93 300m: 3:43.87	38.12	400m: 4:57.47
8.	Anouar Visser	ZV De Aalscholver	4:58.22	200301829	4:59.41 +0,66 397
	50m: 32.25	32.25 150m: 1:47.86	38.60 250m: 3:05.92	38.99	350m: 4:23.63
	100m: 1:09.26	37.01 200m: 2:26.93	39.07 300m: 3:44.82	38.90	400m: 4:59.41

Junioren 4

1.	Sem Zijl	De Dolfijn	4:14.33	200204757	4:22.22 +0,67 591
	50m: 29.34	29.34 150m: 1:35.21	33.31 250m: 2:42.39	33.44	350m: 3:49.86
	100m: 1:01.90	32.56 200m: 2:08.95	33.74 300m: 3:16.55	34.16	400m: 4:22.22
2.	Lars Verhalle	VZC	4:21.37	200200019	4:29.11 +0,76 547
	50m: 30.71	30.71 150m: 1:38.56	34.35 250m: 2:47.60	34.12	350m: 3:56.43
	100m: 1:04.21	33.50 200m: 2:13.48	34.92 300m: 3:22.03	34.43	400m: 4:29.11
3.	Sam Janmaat	ZPC AMERSFOORT	4:16.99	200203017	4:29.86 +0,70 542
	50m: 29.36	29.36 150m: 1:35.69	33.27 250m: 2:44.35	34.37	350m: 3:55.05
	100m: 1:02.42	33.06 200m: 2:09.98	34.29 300m: 3:19.74	35.39	400m: 4:29.86
4.	Tom Blankestijn	ZPC AMERSFOORT	4:30.01	200201185	4:32.70 +0,79 526
	50m: 31.02	31.02 150m: 1:39.47	34.76 250m: 2:49.48	35.00	350m: 3:59.15
	100m: 1:04.71	33.69 200m: 2:14.48	35.01 300m: 3:24.88	35.40	400m: 4:32.70
5.	Daniël Rykov	ZPC AMERSFOORT	4:32.33	200200447	4:40.89 +0,63 481
	50m: 32.20	32.20 150m: 1:41.86	35.16 250m: 2:53.60	36.22	350m: 4:06.39
	100m: 1:06.70	34.50 200m: 2:17.38	35.52 300m: 3:30.26	36.66	400m: 4:40.89

Jeugd 1 en 2

1.	Sten Postma	VZC	4:01.25	200000011	4:14.85 +0,69 644
	50m: 28.28	28.28 150m: 1:32.24	32.59 250m: 2:37.84	32.88	350m: 3:43.73
	100m: 59.65	31.37 200m: 2:04.96	32.72 300m: 3:10.86	33.02	400m: 4:14.85
2.	Austin Namesnik	ZPC AMERSFOORT	4:05.61	200101817	4:16.66 +0,66 630
	50m: 27.77	27.77 150m: 1:31.69	32.66 250m: 2:38.08	33.22	350m: 3:44.81
	100m: 59.03	31.26 200m: 2:04.86	33.17 300m: 3:11.39	33.31	400m: 4:16.66
3.	Bas Morelissen	ZPC AMERSFOORT	4:10.99	200100861	4:19.09 +0,70 613
	50m: 28.98	28.98 150m: 1:33.60	32.55 250m: 2:40.07	33.16	350m: 3:47.57
	100m: 1:01.05	32.07 200m: 2:06.91	33.31 300m: 3:13.78	33.71	400m: 4:19.09
4.	Dave van der Voet	De Dolfijn	4:14.48	200102783	4:20.48 +0,70 603
	50m: 29.00	29.00 150m: 1:35.25	33.18 250m: 2:42.86	33.62	350m: 3:50.28
	100m: 1:02.07	33.07 200m: 2:09.24	33.99 300m: 3:17.24	34.38	400m: 4:20.48

Regiokampioenschappen A Regio Midwest LB deel 1 en 2
Amersfoort, 26- - 27-5-2018

Programmanr. 11, Jongens, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
5.	Daen Spoor	VZC	4:23.35	200101117	4:26.14 +0,75 565			
	50m: 29.34	29.34	150m: 1:35.60	33.52	250m: 2:43.53	33.61	350m: 3:52.36	34.60
	100m: 1:02.08	32.74	200m: 2:09.92	34.32	300m: 3:17.76	34.23	400m: 4:26.14	33.78
6.	Thom Delno	VZC	4:20.71	200000013	4:30.43 +0,75 539			
	50m: 30.56	30.56	150m: 1:39.28	34.59	250m: 2:48.38	33.85	350m: 3:58.21	34.86
	100m: 1:04.69	34.13	200m: 2:14.53	35.25	300m: 3:23.35	34.97	400m: 4:30.43	32.22
7.	Mart Niehoff	ZPC AMERSFOORT	4:21.77	200100759	4:31.42 +0,64 533			
	50m: 29.88	29.88	150m: 1:38.09	34.38	250m: 2:48.06	35.20	350m: 3:58.29	35.02
	100m: 1:03.71	33.83	200m: 2:12.86	34.77	300m: 3:23.27	35.21	400m: 4:31.42	33.13
8.	Nick van der Woude	ZV Haerlem	4:24.44	200001391	4:32.04 +0,75 529			
	50m: 30.88	30.88	150m: 1:39.11	34.50	250m: 2:49.15	34.61	350m: 3:58.70	34.70
	100m: 1:04.61	33.73	200m: 2:14.54	35.43	300m: 3:24.00	34.85	400m: 4:32.04	33.34
9.	A. Hendriksen of Hendriks	De Haaien	4:20.07	200002711	4:34.22 +0,67 517			
	50m: 30.44	30.44	150m: 1:39.39	35.05	250m: 2:49.50	35.02	350m: 3:59.98	35.22
	100m: 1:04.34	33.90	200m: 2:14.48	35.09	300m: 3:24.76	35.26	400m: 4:34.22	34.24
10.	Rijk Dragstra	ZPC AMERSFOORT	4:15.44	200102473	4:41.57 +0,74 477			
	50m: 29.78	29.78	150m: 1:38.41	34.73	250m: 2:50.10	36.30	350m: 4:04.91	37.62
	100m: 1:03.68	33.90	200m: 2:13.80	35.39	300m: 3:27.29	37.19	400m: 4:41.57	36.66
11.	Fayssal Lantema	De Fuut	4:24.63	200101379	4:44.32 +0,71 464			
	50m: 31.86	31.86	150m: 1:44.51	36.56	250m: 2:57.65	36.89	350m: 4:11.42	36.39
	100m: 1:07.95	36.09	200m: 2:20.76	36.25	300m: 3:35.03	37.38	400m: 4:44.32	32.90

Senioren 1 en ouder

1.	Koen Lems	ZPC AMERSFOORT	4:03.22	199603709	4:15.63 +0,77 638			
	50m: 28.53	28.53	150m: 1:32.51	32.46	250m: 2:38.06	32.99	350m: 3:43.66	32.56
	100m: 1:00.05	31.52	200m: 2:05.07	32.56	300m: 3:11.10	33.04	400m: 4:15.63	31.97
2.	Dave Holweg	ZPC AMERSFOORT	4:18.00	199701521	4:22.86 +0,76 587			
	50m: 29.39	29.39	150m: 1:35.46	33.34	250m: 2:42.91	33.59	350m: 3:50.15	33.41
	100m: 1:02.12	32.73	200m: 2:09.32	33.86	300m: 3:16.74	33.83	400m: 4:22.86	32.71
3.	Jelle Blankestijn	ZPC AMERSFOORT	4:18.20	199803737	4:29.40 +0,77 545			
	50m: 29.39	29.39	150m: 1:36.22	34.17	250m: 2:45.87	34.83	350m: 3:56.19	35.27
	100m: 1:02.05	32.66	200m: 2:11.04	34.82	300m: 3:20.92	35.05	400m: 4:29.40	33.21
4.	Jorrick Druyven	DAW	4:17.52	199400507	4:30.06 +0,71 541			
	50m: 29.61	29.61	150m: 1:36.89	34.17	250m: 2:45.56	34.36	350m: 3:56.08	35.36
	100m: 1:02.72	33.11	200m: 2:11.20	34.31	300m: 3:20.72	35.16	400m: 4:30.06	33.98
5.	Colin Degenaaars	ZPCH	4:55.75	199505951	4:58.22 +0,79 616			
	50m: 33.50	33.50	150m: 1:48.95	38.39	250m: 3:05.01	37.99	350m: 4:22.19	38.59
	100m: 1:10.56	37.06	200m: 2:27.02	38.07	300m: 3:43.60	38.59	400m: 4:58.22	36.03